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THRIFTY MEALS WITH CANNED VEGETABLES



Canning is a method of sterilizing foods by heat and preserving them in airtight containers. The heat processing destroys spoilage bacteria and enzymes naturally present in food.

Canada was the first country to have special legislation for canned foods. Standards were established in 1902 and provision for grades was made in 1918. A shortage of steel during World War II prompted the standardization of can sizes, a move that has proved beneficial to both processors and consumers. In January 1967, labeling regulations were changed to provide a more accurate statement of the actual contents in cans; for example, cans formerly marked 20 fluid ounces are now labeled "19 fluid ounces."

Always Read the Label

The label on a can of vegetables is your guide to the contents. It gives the name of the product, the brand name of the processing company or store chain, the name and address of the packer and the following information:

GRADE – The grade name is an indication of quality.

Canada Fancy: Highest quality vegetables – sound, clean, unblemished, of good color and uniform in size – packed at perfect maturity.

Canada Choice: Good quality vegetables, which are sound, clean and unblemished but may vary slightly in size, color and maturity.

Canada Standard: Good quality vegetables, with fairly good flavor and reasonably good color and uniformity.

SIZE – The size given in fluid ounces on the label indicates the total volume of vegetables and liquid in the can. The most common sizes are 10, 14, 19, 28, 48 and 100 fluid ounces.

STYLE — The size, shape or style of vegetable is clearly marked, for example, whole beets or french-cut beans.

ADDITIVES — Seasonings, coloring, preservatives and other additives must also be mentioned on the label.

Storage

Store canned vegetables in a cool dry place where the temperature remains fairly constant. They may be kept indefinitely as long as there is no sign of leakage or bulging, which indicates that spoilage has taken place. The contents of dented

cans are not usually affected, unless the dents are severe enough to cause leakage.

Canned vegetables that have been frozen are safe to use, although freezing may change the texture somewhat.

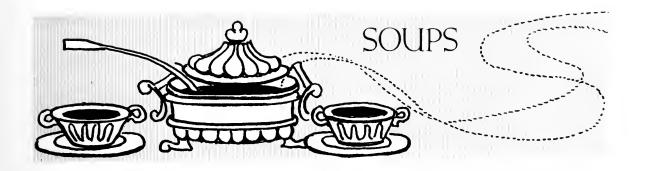
How to Serve Canned Vegetables

One way of preserving the natural flavor of canned vegetables is to heat them this way: pour off the vegetable liquid into a saucepan and boil it quickly to reduce volume by half. Add the vegetables, heat and season with salt and pepper.

If the liquid in a can of vegetables is not to be used (for example, in a casserole) save it and add to soups, sauces or gravies as it has valuable nutrients as well as flavor.

- BEANS Make a white sauce, add green or wax beans, sprinkle with grated cheese and brown in the oven.
- Brown a few bread crumbs until golden and crisp. Add a can of drained green beans and a tablespoon of vinegar, and season with minced onion, salt and pepper. Heat, and sprinkle with grated cheese.
 - BEETS Heat beets and top with hot mayonnaise or horseradish.
- Combine sour cream with a little lemon juice or vinegar and add to beets just before serving.
- CORN Creole style: Combine two 12-ounce cans whole kernel corn and one 19-ounce can tomatoes (drained). Season with sautéed onion and green pepper, and a little sugar, salt, cayenne and pepper.
- Add one of the following to canned kernel corn: chili powder, garlic salt, prepared mustard or celery seed.
- Season cream style corn with sautéed onion and celery, salt and pepper and sprinkle crisp bacon on top.
- *PEAS* With pot roast: after browning pot roast, mix liquid from a can of green peas with catsup and pour over meat. Cover pan tightly and continue cooking. The liquid will make a richly flavored gravy. Add canned peas a few minutes before serving.
- Combine peas and carrots with diced ham in a cream sauce and serve on toast points or patty shells.
- **POTATOES** Combine melted butter, with a little chopped onion, paprika and grated cheese and pour over heated potatoes.
- Add drained canned potatoes to bacon fat, season with salt, pepper and paprika and fry until golden brown. Sprinkle with parsley and crumbled bacon.
- TOMATOES Add ½ teaspoon dry mustard, 1 teaspoon minced onion, 1 teaspoon sugar and ¾ teaspoon salt to a 28-ounce can tomatoes. Simmer 5 minutes in a saucepan.
- Use canned tomatoes in place of water to baste pot roasts or braise steaks.





BORSCH

½ cup chopped onion 1 bay leaf

1 cup diced celery
1 clove garlic, crushed
2 tablespoons butter
1/2 cup shredded carrots
2 tablespoons sugar
2 tablespoons sugar
2 tablespoons vinegar

4 cups liquid (beef stock or bouillon 1 19-ounce can whole beets

and juice from beets) ½ pint sour cream

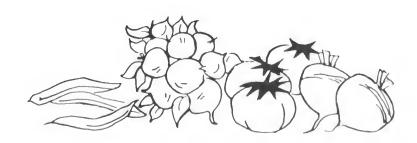
Sauté onion, celery and garlic in butter 5 minutes. Add carrots, tomato juice, beef and beet liquid, herbs, seasonings and vinegar; cover and simmer 30 minutes. Shred beets fine, add to soup and heat to boiling point. Top each portion with a large spoonful of sour cream. 8 servings.

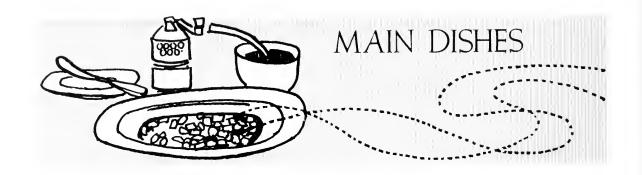
CORN CHOWDER

5 strips bacon, cut in ½-inch pieces
1 tablespoon flour
½ cup chopped onion
2½ cups milk
1½ cups diced raw potatoes
½ cup boiling water
1/8 teaspoon pepper

½ teaspoon salt 119-ounce can cream style corn

Fry bacon until crisp; remove and drain. Add onion to drippings and cook until transparent but not brown (about 5 minutes). Stir in potatoes, water and ½ teaspoon salt; cover and cook until tender (about 10 minutes). Blend flour with a little cold milk to make a smooth paste; add to potatoes and stir until thickened (3 to 5 minutes). Stir in remaining milk, salt, pepper and corn and heat thoroughly. Sprinkle bacon pieces on top. 6 servings.





SPANISH CHICKEN

1 frying chicken (3 pounds) 1/4 cup seasoned flour 1/4 cup cooking oil ½ cup chopped onion ½ cup diced celery ½ cup diced carrot 1 clove garlic, crushed 1 19-ounce can tomatoes

1 teaspoon salt ½ teaspoon pepper 1 teaspoon sugar 2 tablespoons flour ½ cup tomato juice 1/4 cup sliced stuffed olives 1 cup sliced mushrooms, sautéed in 2 tablespoons butter (optional)

Cut chicken in serving-sized pieces and dip in seasoned flour (1/4 cup flour, 1/2 teaspoon salt, ½ teaspoon paprika and ½ teaspoon pepper). Brown in hot oil (15 to 20 minutes); drain on absorbent paper. Pour excess fat from pan, then sauté onion, celery, carrots and garlic until onion is transparent (about 5 minutes). Return chicken to pan; add tomatoes, salt, pepper and sugar. Cover and simmer until chicken is tender (30 to 40 minutes). Arrange chicken on hot serving dish. Blend flour and tomato juice, add to drippings and cook until thickened, stirring constantly. Add olive slices to sauce and pour over chicken. Garnish with sautéed mushrooms, if desired. 6 servings.

QUICK EGGS À LA KING

1/4 cup chopped onion 1 tablespoon butter 1 10-ounce can condensed mushroom 6 hard-cooked eggs, cut in eighths soup 1/3 cup milk

Dash pepper 1 10-ounce can peas, drained 2 tablespoons chopped pimiento (optional)

Sauté onion in butter until transparent (about 5 minutes). Add soup and milk, stirring until smooth. Add peas, eggs and pimiento. Heat thoroughly and serve on toast. 4 servings.



SPAGHETTI AND MEAT SAUCE

1 pound minced beef 2 tablespoons fat

1/3 cup chopped celery

3/4 cup finely chopped onion1 tablespoon chopped parsley

1 clove garlic, finely chopped

½ cup chopped green pepper (optional)

1 cup water

1 19-ounce can tomato juice

1 5½-ounce can tomato paste

3/4 teaspoon salt

1/4 teaspoon ground cloves

1/4 teaspoon nutmeg

1/8 teaspoon sage

1 bay leaf

2 tablespoons chopped olives

(optional)

½ pound spaghetti

3/4 cup grated cheese

Brown beef in fat (about 10 minutes). Add remaining ingredients, except spaghetti and cheese. Simmer uncovered over low heat 1½ hours, stirring occasionally. Remove bay leaf. Cook spaghetti in boiling salted water. Spoon sauce over individual servings of spaghetti and sprinkle with grated cheese. 4 to 5 servings.

FRYPAN CASSEROLE

1 cup chopped onion

2 tablespoons fat

1 28-ounce can tomatoes

1 10-ounce can mushrooms

1½ teaspoons salt

1/8 teaspoon pepper

1/4 teaspoon basil

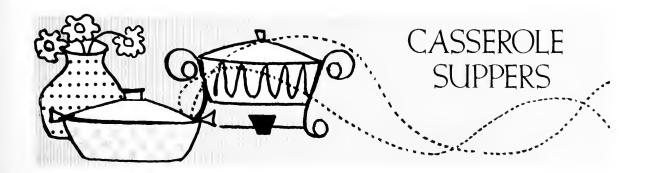
1 teaspoon Worcestershire sauce

1 cup macaroni shells

1 12-ounce can luncheon meat, cut in julienne strips

2 tablespoons chopped parsley

Sauté onion in fat until transparent (about 5 minutes). Add tomatoes, liquid from mushrooms and seasonings, and bring to boil. Add macaroni, cover and simmer until tender (10 to 15 minutes). Stir in meat and mushrooms, cover and reheat. Sprinkle parsley on top. 6 servings.



BEEF AND MACARONI CASSEROLE

½ cup chopped onion

½ cup diced celery

1 tablespoon fat

1 pound minced beef

2 tablespoons flour 1 28-ounce can tomatoes 1/2 teaspoon oregano

1 teaspoon salt

1/8 teaspoon pepper

2 teaspoons Worcestershire sauce

8 ounces macaroni, cooked and drained

1/4 cup cracker crumbs or crushed potato chips

Sauté onion and celery in fat about 5 minutes. Add meat and brown. Stir in flour, then tomatoes, seasonings and Worcestershire sauce; bring to boil. Combine with

cooked macaroni and turn into greased casserole. Top with crumbs and bake at 350°F until bubbling (35 to 40 minutes). 4 to 6 servings.

SUGGESTED ACCOMPANIMENT: winter salad (page 10). DESSERT: gingerbread with canned pears.

CHICKEN RICE CASSEROLE

1 frying chicken (3 pounds) 1 clove garlic, crushed Salt and pepper 1 28-ounce can tomatoes 3 tablespoons cooking oil 1 teaspoon turmeric 1 cup chopped onion 1 teaspoon salt ½ cup diced celery ½ teaspoon pepper ½ cup diced green pepper (optional) 1 cup uncooked rice

Cut chicken in serving-sized pieces and sprinkle with salt and pepper. Brown in hot oil (15 to 20 minutes); drain on absorbent paper. Sauté onion, celery, green pepper and garlic about 5 minutes. Add remaining ingredients. Pour into greased casserole and arrange chicken on top. Cover and bake at 350°F until chicken is tender (about 11/4 hours). 6 servings.

SUGGESTED ACCOMPANIMENT: apple, celery and raisin salad. DESSERT: oatmeal date squares, baked with the casserole.

EASY BEEF PIE

1 cup chopped onion 1 19-ounce can green beans, drained 2 tablespoons butter 1 12-ounce can whole kernel corn, 1 pound ground beef drained

1 teaspoon salt 1 10-ounce can condensed tomato soup

Sauté onion in butter until transparent (about 5 minutes). Add meat and brown (5 to 8 minutes). Stir in remaining ingredients and reheat. Turn into 6-cup casserole.

Topping

1 cup sifted all-purpose flour 3 tablespoons shortening 2 teaspoons baking powder 1 egg beaten ½ teaspoon celery salt 1/4 cup milk

Mix dry ingredients and cut in shortening until mixture resembles fine bread crumbs. Add egg and milk and mix quickly to form a soft dough. Turn out on lightly floured board and knead 30 seconds. Roll to 34-inch thickness; cut out biscuits and place on top of casserole. Bake at 425°F until golden brown (20 to 25 minutes). 6 servings.

SUGGESTED ACCOMPANIMENT: chili sauce (page 11) or catsup. DESSERT: apple muffins.

SPEEDY CHICKEN CASSEROLE

1 10-ounce can condensed cream of chicken soup 1/4 cup liquid from canned

vegetables

1/4 teaspoon onion salt Dash pepper

2 7-ounce cans chicken

1 10-ounce can peas, drained

1 10-ounce can whole kernel corn,

drained

1 cup crushed potato chips

½ cup grated cheese

Combine all ingredients, except potato chips and cheese. Turn into greased 6-cup casserole and bake 20 minutes at 350°F. Sprinkle with combined potato chip crumbs and cheese and continue baking until cheese melts (about 15 minutes). 6 servings.

SUGGESTED ACCOMPANIMENTS: cranberry sauce and cucumber pickles. DESSERT: peach upside-down cake, made from canned peaches and baked at 350°F.

SPICY BEEF CASSEROLE WITH CORNBREAD TOPPING

Meat Mixture

1/2 cup chopped onion
3/4 cup diced green pepper
1 clove garlic, crushed
2 tablespoons fat
1 pound minced beef
1 teaspoon salt
1/4 teaspoon pepper

1/4 teaspoon oregano
1 teaspoon chili powder
1 19-ounce can tomatoes
1 51/2-ounce can tomato paste
1 12-ounce can whole kernel corn
1 19-ounce can cut green beans

Sauté onion, green pepper and garlic in fat until onion is transparent (about 5 minutes). Add meat and brown. Add seasonings, tomatoes and tomato paste; cover and simmer 1 hour. Add drained corn and beans. Pour into 10-cup casserole.

Topping

1/2 cup sifted all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon baking soda

3/4 cup corn meal 2/3 cup sour milk 1 beaten egg 1/4 cup butter, melted

Mix dry ingredients, add combined sour milk, egg and melted butter; stir only enough to combine. Spoon onto meat mixture and bake at 400°F until golden brown (about 30 minutes). 8 servings.

SUGGESTED ACCOMPANIMENT: a green salad. DESSERT: applesauce, and cookies baked along with the casserole.

SAUSAGE AND CORN CASSEROLE

1 pound pork sausages
1/2 cup chopped onion
1/4 cup diced green pepper
2 tablespoons flour
1 teaspoon salt

½ teaspoon pepper2 12-ounce cans whole kernel corn

1 19-ounce can tomatoes 1/2 cup crushed cereal flakes

Fry sausages slowly, until evenly browned (15 to 20 minutes). Remove from pan, add onion and green pepper and sauté about 5 minutes. Stir in flour and seasonings, then add corn and tomatoes. Simmer about 20 minutes to partly evaporate the liquid. Turn into a greased 6-cup casserole and arrange sausages on top. Sprinkle with cereal crumbs and bake at 350°F until lightly browned (20 to 30 minutes). 6 servings.

SUGGESTED ACCOMPANIMENT: cabbage and beet salad with sour cream dressing (page 10). DESSERT: brownies, with canned peaches.



WINTER SALAD

1 19-ounce can green beans, drained

1 12-ounce can whole kernel corn. drained

2 cups finely shredded cabbage

½ cup finely chopped onion

2 tablespoons chopped celery leaves

1/3 cup French dressing

1/4 cup mayonnaise

Combine vegetables with French dressing. Chill 2 hours, stirring once or twice. Just before serving, drain off French dressing, add mayonnaise and toss to coat vegetables. 6 servings.

CABBAGE AND BEET SALAD

3 cups finely shredded cabbage

1 19-ounce can diced beets, drained

1/4 cup finely chopped onion

½ cup diced celery

1 teaspoon salt

1/8 teaspoon pepper

Sour Cream Dressing

1/3 cup sour cream

2 teaspoons vinegar

1/8 teaspoon salt

Dash pepper

Mix vegetables, salt and pepper; chill. Combine ingredients for dressing; just before serving, add to vegetables and toss to coat pieces. Serve on lettuce or green cabbage leaves. 6 servings.

JELLIED CHICKEN AND TOMATO SALAD

1 19-ounce can tomatoes

1 3-ounce package strawberry ielly powder

½ teaspoon salt

3 tablespoons vinegar

1 tablespoon finely chopped onion 2 tablespoons diced green pepper

½ cup diced celery

1 cup diced cooked chicken

Heat tomatoes to boiling; add jelly powder and stir until dissolved. Add salt and vinegar. Chill until slightly thickened, then fold in remaining ingredients. Turn into mold and chill until firm (about 3 hours). 6 servings.





RELISHES

QUICK TOMATO RELISH

1 28-ounce can tomatoes, drained and chopped 1 cup finely diced green pepper ½ cup finely chopped onion

1/2 cup finely diced celery

1/4 cup cider vinegar 1/4 cup salad oil 1/4 cup brown sugar 1½ teaspoons salt

½ teaspoon dry mustard

Mix tomatoes and vegetables. Combine remaining ingredients in a jar, and shake well. Pour over vegetables and mix thoroughly. Chill for several hours to blend flavors. Store in refrigerator. Makes about 2½ cups.

CHILL SAUCE

½ cup finely minced onion 1 cup finely minced apple 2 28-ounce cans tomatoes 1½ cups diced celery 1 cup vinegar 1 cup sugar

2 teaspoons salt 1 teaspoon allspice 1 teaspoon cinnamon 1/8 teaspoon cayenne pepper 12 whole cloves (tied in cheesecloth)

Combine all ingredients, bring to boil and cook until thick (about 11/4 hours), stirring frequently. Remove cloves. Pour sauce into sterilized jars and seal. Makes about 7 cups.

CORN RELISH

1 12-ounce can whole kernel corn, drained

²/₃ cup chili sauce

2 tablespoons minced onion

2 tablespoons diced green pepper

2 tablespoons butter

Combine all ingredients in a saucepan. Cover, bring to boil and simmer 5 minutes. Makes 21/4 cups.







Copies of this publication may be obtained from INFORMATION DIVISION CANADA DEPARTMENT OF AGRICULTURE OTTAWA

FIRST PRINTED 1969
REPRINTED 1969, 1970

Cat. No.: A73-1389